**Describe ways of handling peer pressure**

Who are your peers? Circle the people who are your peers.

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| --- | --- | --- | --- |
| Your aunt | Your classmate | Your teacher | Your friend |
| Someone in the same sports group as you | Mrs. Gorevan | Someone who is in another class but the same level (JC2 Year3) | Your parent |

Peer pressure is when your peers put pressure on you to do something you do not want to do. Not all peer pressure is bad. For example, you are tired during P.E. and want to stop running but a peer tells you to, ‘***Keep going! Keep going! Don’t stop***!’ But peer pressure can be negative too and that is why it is important to know what to do if it happens to you.

Read through these scenarios and talk to a parent/ sibling about it. Decide on the best thing to do in each scenario.

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| **Scenario** | **What do you do?** |
| All your friends use the House Party App but your parents have banned you from downloading it. One of your friends is putting pressure on you to download it anyway and keep it a secret from your parents.  |  |
| One of your friends lives down the road from you. He has been leaving his house and hanging out with other teenagers on the road, even though we are still in lockdown. He keeps putting pressure on you to sneak out of your house and hang out with them.  |  |
| Hairdressers and barbers are all closed, and your hair is getting too long and messy. Your siblings keep making fun of you. Your friend tells you to cut it yourself. You keep getting messages on your phone from this friend about it. It is starting to stress you out.  |  |
| You really want to do the ‘Flip the Switch’ challenge on TikTok but no one in your family will do it with you. All your friends have posted it and now you are getting teased over it. Everyone is saying that your TikTok is crap and you’re not good enough to be on it.  |  |
| Everyone on social media looks like they are really enjoying lockdown. Your insta feed is filled with #bananabread posts. But you are finding this stressful. You are feeling anxious and you can barely motivate yourself to make breakfast, never mind banana bread.  |  |
| You follow loads of celebrities on social media. They all look great, they have expensive phones and they wear expensive clothes. Your life isn’t like that. It’s starting to make you feel bad about yourself.  |  |